

Milk – A Preventive, Promotive and Curative Approach

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Physicians are disease oriented and that's why pharmaceutically trained to treat disease. The drugs disrupt certain chemical pathways to create a therapeutic effect. The drugs may produce its side effect and the physicians work carefully to balance the benefits against any potential danger. Every person wants to have excellent health. But the health is that many of us are losing our health each day. Nowadays, majority of the people including doctors are accepting nutritional supplement idea as good preventive medicine. Research evidence indicates that we can live longer, healthier, happier lives by taking simple steps to stop free radical damage. If we face the reality of free radical we can gain motivation to change our ways. Research on artificial vitamins has clearly shown that they can have antioxidant effects on the body. These antioxidants are capable in counter acting the free radical damage. Vitamin C, E, B-complex, bio-flavonoids and other such relatively small molecule, nutrients have shown to play major roles in the body's antioxidant defenses. Most of the drugs described under Rasayana has nutritional status and antioxidant properties with immuno-modulator effects.

Milk is described as Ajasrika Rasayana in Ayurvedic literature. It is the lacteal secretion of memory gland being used as dietetic item, wholesome since birth (Ajanma Satmya) and considered as jivana, Brimhana, Nitya Rasayana and Pathyatama. Thus it is good for preventive, promotive and curative health particularly in chronic disease condition. It has Dhatuvardhaka property, thus beneficial to take care of ageing. The properties of milk, according to Ayurveda, are Madhura , Sheeta ,Mruda, Snigdha, Bahal, Slakshana, Picchila, Guru, Manda, Prasanna, Ojovardhaka and Pravara Jivaniya. Thus, properties of the milk are similar to Ojas i.e, promoting immunity or body defense mechanism.

Milk has been extensively described in Ayurvedic literature, Eight types of milk have been discussed in Charaka Samhita i.e.cow milk, buffalo milk, goat milk, elephant milk, mother's milk etc. Milk contains fat, protein, carbohydrate, vitamin A,B, complex, C, enzymes, minerals ect. And thus helpful in maintaining physical and mental well being.

Milk and its by products like Butter milk, Ghee etc, are widely used for the purpose of Shodhana (detoxification) of metals and herbs. It is used as a medium for better therapeutic efficacy of the drug at the subtle level.

Garlic (*Allium sativum*) as Rasona Ksheerapaka in depression, varahi kanda (*Dioscoria buligeba*) as Varahikanda Ksheerapaka in premature ageing and Ballataka(*Semicarpus anacardium*) as Bhallataka Ksheerapaka in Rheumatoid arthritis have shown encouraging results. Thus there is enough scope in Ayurveda to use milk for preventive and promotive health and cure of diseases.

Importance of Ksheer in Garbhini Paricharya with Respect to Physiological Changes in Pregnancy

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Introduction – Only ksheer or ksheer in combination with ghrita, navneeta etc. is mention in Garbhini paricharya As per Bruhatray ksheer is prescribed form 1st month of pregnancy of delivery which itself its importance in pregnancy..

Objective - To study the relation of ksheer with physiological changes in pregnancy.

Methodology - Various physiological changes occur in the body during pregnancy, which may turn to pathological e.g. increased protein anabolism, increased blood glucose and cholesterol level.

Properties of Goksheera accorjng to Ayurveda are sheeta, guru, prasanna , snigdha, pavitra deepana preenan, jeeran , manda. Composiof Goksheera is 3.2 gm protion , 4.1 fat, 0.8 gm minerals, 4.4 gms carbohydrates, 120 mg calcium, 90 mg phosphorus. 0.2 mg iron, vitamine – A 174 IU.

So the indication of ksheersevan and its effect on protein , fat, carbohydrate and water metabolism implies need of discussion , which will be further discussed.

Conclusion - It is possible to advice cow milk in pregnancy as mentioned in “Garbhini paricharya” which is of dietary and therapeutic importance.

Milk – A Media For Detoxification of Rasadravy

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Drug plays very important role in management of Ayurvedic but not in raw form. They need different physician can cure the disease only after or external application of drug .

All the material present in the universe may be used as Aushadha but not in raw form. They need different pharmaceutical processes for therapeutic purposes because pharmaceutical procedures like Shodhana, Marana, Jarana, are the factors which convert the material into a drug suitable form.

Shodhana is a word used in Ayurveda for multipurpose like removed impurities, reduce toxicity. Increase protency . Make the material suitable for further processes etc. There are so many methods for shodhana just like Swedana, Bhavana , Nirvapa, Dhalana etc.

Milk is one of the chief liquid media for shodhana process. Ashuddha dravya left their protein soluble and fat soluble impurities in milk and milk give its quality to dravya.

Vishatiduka – Strychnous nuxvomica is considered as a Upavisha Dravya in Rasashastra. It is generally used in Amlapitta. (Hyperchlorhdria) Medoroga (Obesity) Rasa (Cough) Shwasa (Dyspnoea) etc. It is used only afterShodhana. One of the Shodhana Processes of Vishtinduka is Swedana in Cow Milk which is a very well known process and is being used general.

The sample is studied on varius analytical parameters such as PH Value, Specific Gravity. And Alcohol content percentage to as certain pharmaceutical behavior of the test sample.

The other details regarding this topic have been mentioned by the author.

The Role of Takra An Ayurvedic and Modern View

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Ayurveda lays great deal of emphasis upon proper diet, for both maintenance of life and curing disease. For each and every disease wholesome and unwholesome food ingredients have been described. So a separate chapter of Pathya Kalpana is also included in Bhaisajya Kalpana.

Takra is a well known food source (Drink) for human described in almost all scripture. According to Ayurved it is consider as Amrit.

According to one of the “Shlokas” :-

“The person who takes Takra daily never becomes ill, and diseases which get suppressed by consuming Takra never originates.”

Takra can be described as skimmed Lactic acid milk, residue of casein and serum containing 200,000,000 to 500,000,000 harmless bacteria per c.c. and having the properties – digestive, vermifugal, antipyretic, diuretic etc.

As per Ayurvedic classics it is used as a drug, diet and Anupana. It is also useful in various pharmaceutical processes i.e. in Shodhana, Sandhana , Taila Paka etc.

All the details as per Ayurveda and modern point of view as well as its uses, formulations will be discussed by the author.

Concept of Ghrita Kalpana In Ayurvedic Therapeutics With Special Reference to “Shata Dhauta Ghrita”

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Ausadha is included in “Trisutra” and ‘Chatuspada” in Ayurved. The imagination of any pathy without medicament is not possible, because these are used as a weapon of physician. Thus, it itself sows the importance of ausadha.

Form the vedic lore, form of ausadhies have been introduced as per requirement of time, i.e.Panchvidha kashaya kalpana , kshira kalpana , Arka kalpana, Lavana kalpana, kshara kalpana, Avaleha kalpana, Sneha kalpana Sandhana kalpana etc..

Sneha kalpana, one of the unique kalpana, has been established to increase potency, palatability, shelf life etc. it is a pharmaceutical process to prepare oleaginous medicament from the substances like kalka, sneha dravya and drava dravya in specific proportion by subjecting to unique heating pattern and duration, to fulfill certain parameters according to need of

therapeutics. Contemplation of ancient literature reveals that Ghrita and Taila are predominately used for internal and external application.

Shata dhautra ghrita is widely used for external application for Daha Shamana property especially for burning wounds. It is also used as a base part for so many cream / ointment. It is easily prepared in house condition and found very cheaper.

The detail method of preparation, therapeutic efficacy is discussed in the research work.

Visheshena Balanam Prashsyate.. The Role of Butter in Pediatric Health Care

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Whenever one thinks of Butter, few things automatically arrive in mind. First of all, stories of Lord Bal Krishna in which he uses various tactics to eat Navneet. The famous bhajan, Maiya mori me nahi makhan khayo.. then number of pictures which shows Balkrishna either trying to reach the pot of butter hanged to the roof or his face full of butter. Still today whenever the butter product has to be advertised you will appreciate a small, healthy kid with it. Does it not seem enough to think of some rationality behind it?

Ayurveda the science of life has categorically described various types of milk and milk products, which includes Milk, Curd, Buttermilk, Butter, Dhadhi, mastu etc. All these products have been elaborated with various types, pharmacodynamics and qualities. Concentrating on Navnita i.e. butter, classics have specified a uniqueness. They have strongly recommended butter in pediatric health care, quoting it as, Visheshena Balanam Prashsyate...(Su.Su 45/92)

So based on various Ayurvedic pharmacodynamics of butter and characteristics of a child an effort has been made to evaluate the rationality of above reference. Adding to it various findings of today's research regarding butter has also been incorporated which also supports above hypothesis. The concept is further flourished by the author.

Importance of Ghrita In Old Age

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Introduction - ageing is a slow process that refers to the impact of passage of time on structure and function of different systems of body. The ageing process described by Sharangadhara states, the decline of structural and functional aspects of body in every decade of life from birth to death. Out of the global population of 6 billion people 600 million are elderly. This figure will increase in next 25 years implying the growth rate of Older population. Hence a multi dimensional approach is essential to provide a good quality life. In Ayurved, Ghrita is indicated in old being best among all the Snehas and Vayasthapana.

Methodology – Ghrita contains Prithvi and Jala Mahabhutas which helps in nourishment of the body and promotion of strength, which are useful in weight loss, muscle wasting, loss of strength in old age.

Ghrita contains Snigdha and Guru Gunas which helps in mitigating Vata dosha and maintaining kapha dosha , which are useful in physical inactivity, myalgia, fatigue in old age.

Ghrita having modhura rasa which is saptadhatu vardhaka, shdindr iyaaa prasadaka, hence necessary in decreased sensorial function of old age.

Ghrita is rasayana, smriti buddhi agni shukra oja vardhaka, which are useful in resisting ageing process, eg. Impaired memory, sexual dysfunction etc in old age.

Conclusion – Hence Ghrita play avital roal in oldage by combating with senile problems and delaying ageing process.

Ghrita in Ayurved , A Review

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Objective - To evaluate the importance of use of Ghrut in Ashtanga Ayurveda

Introduction - Ghrut is used since very ancient time, incude the vaidic kala. Grut is described in Ayurveda as Sapta dhatu vardhak, Ojo vardhak & has suggested to use Gruth in day to day life.

In kayachikitsa for treatment, Balrog in lehana, snehana etc, in Ghraha Vidnyan in mental disorders, in Shalakya for Tarpan, in Shalya for wound healing, in Agadtantra as vishahar , in Rasayana as Dhatu Vardhak & Ojovardhak & in Vajikarn as vrushya, Ojovardhak and for other therapeutic properties.

The present study is to review the different uses of Ghrut descrimed in the Ashtanga Ayurveda.

Conclusion - Use of Ghrut is best describe in Ayurveda. All the Astangas of Ayurveda has described its use in the treatment part as well as in diet & as and immunomodulator or rasayan.